



State of New Hampshire EMPLOYEE WELLNESS NEWS

WELLNESS PROGRAM NEWS YOU CAN USE!

August 2010

August is National Immunization Awareness



August is recognized as National Immunization Awareness Month (NIAM). The goal of NIAM is to increase awareness about immunizations across the life span, from infants to the elderly.

Remind family, friends, co-workers, and those in the community to catch up on their vaccinations. Parents are enrolling their children in school, students are entering college, and healthcare workers are preparing for the upcoming flu season.

Why are immunizations important?

Immunization is one of the most significant public health achievements of the 20th century. Vaccines have eradicated smallpox, eliminated poliovirus in the United States, and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis and other diseases. But despite these efforts, people in the U.S. still die from these and other vaccine-preventable diseases. Vaccines offer safe and effective protection from infectious disease. By staying up-to-date on the recommended vaccines, individuals can protect themselves, families, friends and their communities from serious, life-threatening infections.

Who should be immunized? Getting immunized goes well beyond protecting just the individual, it also protects the public and saves resources in many ways. Recommended vaccinations begin soon after birth and continue throughout life. Being aware of the vaccines that are recommended for infants, children, adolescents, adults of all ages and seniors, and making sure that we receive these immunizations, are critical to protecting ourselves and our communities from disease and death.











When are immunizations given? Because children are particularly vulnerable to infection, most vaccines are given during the first five to six years of life. Other immunizations are recommended during adolescent or adult years and, for certain vaccines, booster immunization are recommended throughout life. Vaccines against certain diseases that may be encountered when traveling outside of the U.S. are recommended for travelers to specific regions of the world. [Reference: <http://www.cdc.gov/vaccines/events/niam/default.htm>]

If you have any questions related to your immunization schedule, or that of a child/family member, talk to your health care provider. It's a great idea to keep a copy of your immunizations and those of your family members with your health records at all times. The updated N.H. Prevention Guidelines can be downloaded at the Foundation for Healthy Communities website, www.healthynh.com. The guidelines include the recommended immunization schedule for children and adults.

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August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Schedule of Events

Health Observances: National Immunization Awareness Month, Cataract Awareness Month, Children's Eye Health and Safety Month

Notable Physical Activity Events

8/4- New Hampshire State Police 20th Annual DARE Classic 5K Road Race & 1-mile Fun Run/Walk, Loudon www.dareclassic.com

8/8- Granite State Senior Games 5K, Manchester

8/12- CIGNA/Elliot Corporate Road Race Team and Individual 5K, Manchester

8/19- American Red Cross 5K, Nashua

8/29- CHaD Half Marathon & Relay, Hanover

NOTE: Sneakers on the calendar represent walking or running events. Visit www.coolrunning.com to search for the time, location and event type.

Other additional websites to find out what wellness activities are happening in your local area:

- www.visitnh.gov
- www.healnh.org
- www.wildlife.state.nh.us

Wellness Coordinators Corner

The **Department of Safety's Hiking/Walking Club** continues to log extra miles during this summer. On Sunday, July 18th, the group met in Warner and hiked Mt. Kearsarge. This is a short hike but a good workout with the incline of the trail on the west side of the mountain. Although it was hot and humid at the base it was cool and breezy on the summit and the clear skies made for a beautiful view of the surrounding lakes and mountains. DOS employees picnicked at the parking lot before leaving. One employee decided to walk down the entrance road (3 ½ miles) and meet up with they're ride at the park entrance - way to go Carol! The next outing will be announced soon; we look forward to other employees joining us; we'd like to see the group continue to grow. For more information, please contact **Wanda Botticello**, DOS Wellness Coordinator at wanda.botticello@dos.nh.gov.

Sara Leslie from **CCSNH** shares a good and quick recipe for a "chunky" salsa that is very easy, delicious and filling! (not spicy and makes a lot):

1 can black beans
1 can corn
2-3 cans of diced tomatoes with green chilies or jalapenos
1 onion, chopped
Toss in some fresh chopped cilantro and enjoy!



Commissioner Hodgdon and Michael Loomis recognize Pete Rhodes of DAS with the Commissioner's Challenge Award for the greatest amount of physical activity miles during Walk NH Week. See the full story on the Commissioner's Challenge Award Ceremony on page 3 of the newsletter and find out how many miles Pete was active.

Dessert Recipe

Chocolate Pudding Pie

These quick-and-easy chocolate pudding pies make great desserts or snacks. *Instead of using sprinkles for garnish, you can top the pies with diced fresh fruit, such as strawberries or raspberries. (serves 6; calories per serving 211)

Ingredients:

1 package (3 ounces) instant chocolate pudding
2 cups fat-free milk
6 graham cracker crusts, indi-

vidual sizes

6 tablespoons whipped topping
Sprinkles, for garnish

Directions:

In a medium-sized bowl, add the pudding and milk. Whisk until evenly mixed. Cover and refrigerate until the pudding thickens, about 5 minutes.

Spoon 1/3 cup prepared pudding into each graham cracker crust. Top each with 1 tablespoon whipped topping and garnish with sprinkles*. Serve immediately.

Visit <http://www.mayoclinic.com/health/healthy-recipes/NU00490>

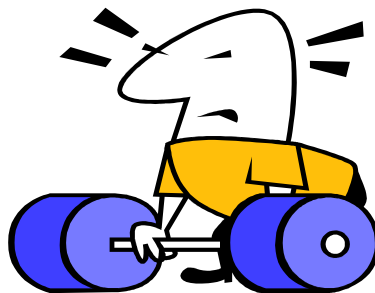
for further nutritional analysis on this recipe



Local Government Center

Injury Prevention for the Weekend Warrior

Are you, a friend or family member a weekend warrior? Trying to get everything done over the weekend? This program reviews how to prevent and treat common, overuse injuries -- from straining muscles in a pick-up game of football to overdoing it with home improvement activities.



To schedule this Health and Safety Seminar, contact your LGC Health Management Representative Bill Byron 800.852.3358 ext: 208

or e-mail at wbyron@nhlgc.org

Commissioner's Challenge Awards

The five winning agencies of the Employee Wellness Program's Inaugural Commissioner's Challenge were presented awards on July 9 in front of the State House. Commissioner Hodgdon of the Department of Administrative Services and Michael Loomis, Employee Wellness Program Specialist presented the awards to the Commissioner and employees of Treasury, Employment Security, Environmental Services, Transportation, Health and Human Services. Two additional awards were presented to the State employee as well as the Commissioner with the greatest amount of physical activity during the week of the Challenge. Pete Rhodes (see picture on page 2) from the Department of Administrative Services logged 182 miles of activity between walking, biking, mountain biking and running. Commissioner John J. Barthelmes with the Department of Safety logged 72 miles of activity. The Health Benefit Advisory Committee is eager to coordinate a second challenge very soon with the hope of holding it over a month instead of a week! Keep up the activity!



Commissioner Toumpas and DHHS employees receive the award for greatest miles of activity in their agency category. A total of 334 DHHS employees logged 9164.7 miles during Walk NH Week.

Article by Sara Leslie, CCSNH Wellness Coordinator

Recently, two men with the Community College System of NH (CCSNH) got serious about wellness. Norm Bailey, a Data Warehouse Systems Analyst, and Rick Gauthier, an Internal Auditor, made a commitment at the beginning of 2010 to focus on their health. Both men have been very successful in improving their health and it is shown by having lost a combined total of nearly 80 pounds!

Their motivation? For starters, Suzanne Brouillet, IT Manager with CCSNH, decided to organize a Biggest Loser Challenge in her department. Rick says he had never been successful losing weight on his own, so he decided to give the group a try. He had been thinking about things he wanted to do with his family, all of which required him to be more active. The weekly competition among coworkers really sparked his enthusiasm! He enjoyed the group support with their encouragement and commitment. It helped him stay focused and motivated. He found he loved the challenge of trying to lose the most weight. Rick was also dealing with an injured leg. He decided to join the Racquet Club and take up water aerobics, something he could manage with his injury. Eventually he was able to work on a tread mill, and in May he began working on the elliptical machine. He now works on the elliptical machine for an hour each time and does at least 4.5 miles. All the while, Rick was dropping the pounds. Rick had a goal to gain strength and endurance so he could complete a hike with his wife and daughter, something he would not have been able to do months earlier. He was able to attain this goal on Monday, July 5th, when he hiked NH's Mount Kearsarge with his family!

Last September, Norm Bailey went for his annual physical and learned he had high cholesterol and high blood pressure for the first time in his life! During that visit, his physician got onto him about his weight as well. Norm is the father of four (4) active boys. He found he was experiencing shortness of breath, as well as the inability to do physical activities and sports with them as he had often done in the past. Norm is also a baseball coach and felt he was not being a good role model for his boys, as well as the other players that he coaches.

Norm decided to take action. He joined Planet Fitness last December with a weight of 281 pounds. The Biggest Loser Challenge that began in his department in January was a great incentive that helped motivate him to stay focused and lose weight each week. He enjoyed being around colleagues with the same common goal. Norm says, "We shared exercise and healthy eating routines. The group support was a huge help." Fortunately, Norm's wife was already very health conscious, so she fully supported him at home with healthier eating habits. In addition, his sons all joined him in his workouts and pushed him to get to the gym on a regular basis.

Today Norm works out 3-4 times a week. He does cardio at least 2 times a week and supplements with weight training. He now runs 4-5 miles on the treadmill. He has so much energy today and enjoys doing activities with his boys again. His sons are impressed with the return of their dad's strength

and stamina. Norm feels he is once again a healthy role model for them. In addition, Norm used to experience constant bouts with acid reflux. This has completely disappeared since Norm lost weight.

Norm's tips for healthy weight loss include a lot of good common sense. Things that have worked for him in 2010:

- No special diet. Watch your portion size. Don't eat too much.
- Don't eat until you are FULL. Avoid extra helpings.
- Avoid eating in the evenings.
- Avoid sugar, soda, and any kind of cakes, cookies or desserts. Eat fruit.
- Increase your water intake and drink a lot of tea.
- Purchase an Mp3 player and add upbeat and rhythmic tunes to run by while working out on the treadmill.
- Make a commitment to exercise. Start small and build up your endurance.
- Don't become discouraged on those weeks when you don't meet your goal. Use a "bad" week as motivation to follow up with a good week of diet and exercise.
- Stay focused on your weekly goal.

Norm has lost 46 pounds and weighs 235 lbs. We know his physician is going to be thrilled when he sees Norm walk in the next time!

Both Norm and Rick have greatly inspired the CCSNH office to continue with their Biggest Loser Challenge. In fact, a new group of 16 employees joined the band wagon in June and are challenging Norm and Rick's department. We find this *group* support helps significantly in keeping us on track and motivated. **Today our motto is, "If Norm and Rick can do it, we can do it!"** Congratulations to Norm and Rick for their outstanding weight loss, improved health, and for being great role models at CCSNH.



Local Recreational Spotlight

The **Lincoln Woods Trail** follows what was once the main line of the East Branch and Lincoln Railroad (1893-1948) up the East Branch of the Pemigewasset River to Franconia Brook and the boundary of the Congressionally-designated Pemigewasset Wilderness. It is one of the easiest backcountry trails in the White Mountain National Forest, as it is wide and straight with little gradient and with all significant stream crossings bridged. Should you wonder why you have never heard of this trail, for the first half-century of its existence it was part of the Wilderness Trail, which led up the old railroad grade to the headwaters of the East Branch which were commonly called the "Pemigewasset Wilderness". It was much later that Congress applied this name officially, and the Forest Service tried to differentiate the trail standards inside and outside the official Wilderness by using different names for the trails. Most hikers and the 2003 AMC *White Mountain Guide* still call it the Wilderness Trail. The suspension bridge beyond the Bondcliff Trail on the Wilderness Trail was removed in 2009 in an ill-advised implementation of Wilderness policy, so the easy loop hike is no longer possible. **Trail Distance:** Parking lot to Franconia Brook Trail, about 2.9 miles one-way. **Elevation gain:** About 300 feet on the ascent, minor on descent. **Directions:** Take I-93 Exit 32 at Lincoln and go E on NH Route 112 (Kancamagus Highway) about 5.7 miles to sign and parking lot at the Lincoln Woods Visitor Center is on the Left.



Have You Heard about "Bras Across the River"?

On Saturday, **September 11th 2010**, the city of Manchester will shut down the southbound section of the Notre Dame Bridge for **95.7 WZID's 1st annual Bras Across the River** to benefit the NH Breast Cancer Coalition, Elliot Breast Health Center, American Cancer Society and Susan Koman foundation.

A street festival will take the place of southbound traffic while Manchester Mayor Ted Gatsas and Governor John Lynch, kick off the event with a ribbon cutting ceremony.

95.7 WZID will be asking people from all over New Hampshire to take part in this event by *hanging a bra in honor of a breast cancer survivor or in memory of those who fought hard against this disease*. WZID's goal is to create a visual reminder of the importance of finding a cure.

A variety of vendors will be at this event, including food and entertainment. The New Hampshire Institute of Art is showing their support by holding their annual sidewalk art festival on the bridge where over a hundred area artists will have their work on display. Admittance is \$10 and every attendee will receive a \$5 token to T-Bones/Cactus Jack's. Plus, all proceeds from the event go directly to the NH breast cancer participating organizations noted above. *[Bras Across the River is presented by A Market and supported by Bellwether Community Credit Union, AutoFair, Elliot Breast Health Center, and Anthem Blue Cross Blue Shield.]*

Eligible NH State Employees please note: Remember to contact the new "Compass SmartShopper Program" at 1-800-824-9127, which provides \$50 for employees that use a cost effective provider for their mammogram. Also remember that because this is a preventive service, there is *\$0 co-pay* for a mammogram through the State medical benefit. State employees should visit http://admin.state.nh.us/hr/Compass_SmartShopper.html for more information on this program.



Another Successful Wellness Coordinators Training Session!

The quarterly Wellness Coordinators Training Session on July 15th at the Local Government Center in Concord was to "Recognize & Honor" all of the Agency Wellness Coordinators. The early morning session started off with a healthy 10 minute stretch provided by Colette Farland-Vogt, Department of Transportation (DOT) Wellness Coordinator and Bill Byron, LGC Assistant Risk & Health Manager. The guest speaker, New Hampshire Employment Security's Commissioner Tara Reardon kicked off the session providing personal insight into the importance of health and wellness, and also for the NHES employees and their families. Commissioner Reardon was surprised when her wellness team came up and presented her with the "Employee Wellness Appreciation Award" for her dedication to wellness at their agency.

The wellness coordinators and guests enjoyed a healthy breakfast of juice & water, homemade breads & spreads, granola, yogurt and fruit donated by the Health Benefit Advisory Committee workgroup members and agency wellness coordinators. The recipes were shared with the participants. It's easy to provide healthy food items for meetings and/or workshops. For more information about healthy food items for meetings, contact Kathy Sherman, RN at kathleen.sherman@anthem.com.

Diane Caldon, Department of Administrative Services Wellness Coordinator introduced two new members to the Health Benefit Program; Brenda Johnson, Health Benefit Program Manager and Michael Loomis, Wellness Program Specialist. Brenda and Mike shared information about their professional backgrounds, and ideas for the future direction of the State's wellness and health benefit program. They are both looking forward to working with the agency wellness coordinators.

The highlight of the workshop was the wellness panel discussion moderated by DOT Commissioner George Campbell who has exemplified his commitment to wellness personally and professionally. The panel discussion topic was "*How to Motivate Men toward Wellness*," which was recommended as a "future topic" by the agency wellness coordinators in former training evaluations. They have expressed the need to help identify ideas to engage more male colleagues when offering wellness related workshops and events. The panel members included: Bill Byron, Assistant Risk & Health Manager, LGC; Michael Loomis, Wellness Program Specialist, SoNH; Travis Horne and Kevin Flanagan both Health Manager Representatives with the LGC;

and Robert Lewis, Agency Wellness Coordinator at Pease Air Base, SoNH. These panelists were selected since they work closely with populations composed of men in public works, fire/police departments, etc.

Commissioner Campbell talked about the DOT's wellness initiative and his commitment to changing the culture to a healthier one, identifying some challenges, especially when working in a predominantly male and "macho" culture. The DOT has been successful in several wellness challenges, and Commissioner Campbell acknowledged Colette Farland-Vogt's leadership in this endeavor. Highlights from the discussion included: (1) Identify a male spokesperson or "wellness champion" at your agency to help you motivate other male colleagues in wellness initiatives. (2) Acknowledge analogies and preconceptions about male audiences to better understand them and move forward. (3) Make the workshops more interactive so the audience can engage in learning and discussion. (4) Offer challenges and competition. (5) Run focus groups or collect an agency survey/needs assessment to see what wellness/health topics interest men.

There is a need to make wellness universal and multigenerational. The wellness coordinators can share tools and resources through the Employee Wellness Program with state employees and families. Anecdotally, we see and hear the success stories, make sure you share them with one another. Health is key in the NH culture; we have the 4 seasons, tie in the variety of activities with the designated seasons. To engage the male population, make it homogenous and universal for them to participate. For a complete copy of the men's health panel discussion, please contact Michael Loomis at Michael.loomis@nh.gov.

At the conclusion of the panel session, all of the wellness coordinators and guests were invited to attend a wellness fair with vendors covering multiple topics. All participants were asked to complete a healthy worksheet that included questions only answered by visiting the vendor tables. Those with 100% correct were then entered into a drawing. Congratulations to the two winners: Diane Burbank, Wellness Coordinator from the Department of Education who won a \$10 gift certificate; and Doreen Sheppard, Wellness Coordinator from Department of Justice who won the electric dental care kit (donated by Delta Dental). If you would like more information about the quarterly agency wellness coordinators' training sessions, please contact Michael Loomis at Michael.loomis@nh.gov or 271-4103.